



Kendal College
creating bright futures



WELCOME TO T-LEVEL HEALTH TRANSITION PROGRAM LEVEL 2

Welcome

Included in this booklet is information about the Health and Social Care course you will start in September.

You will find information about the units you will be studying and links to the text books where you can find further information.

There are also activities and tasks that you can undertake if you choose to, and these will give you an insight into health and social care.

Please don't worry if you are not in a position to carry out these tasks and activities during this difficult time, just use the booklet as information that will help you when you start with us in September.

We look forward to meeting you and welcoming you to Kendal College.

The Health and Social Care team

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What will I be studying?

This course allows you an insight in the many roles available within health and social care from nurses to social workers to child care assistants and beyond. You will be studying a range of units which will help you to gain skills that will be valuable in your chosen profession or future study. You will learn what it means to work in the sector and what skills and behaviours you will need to develop. We will study the following units; you may not study them in this order:

During unit one, Human Lifespan Development, you will focus on:

- Exploring human growth and development across the life stages.
- Investigating factors that affect growth and development and how these interrelate.

How you will be assessed: this is a paper based exam, that lasts for 1 hour, that is worth 50 marks. There are a variety of short and longer answers. The questions are designed to test your knowledge on individual's development and the factors that affect this.

During unit two, Health and Social Care Values, you will focus on:

- You will be introduced to the care values that underpin current practice in health and social care.
- You will investigate how to empower individuals who use health and social care services including people with learning difficulties, people with physical disabilities, the elderly and vulnerable children and adults.

How you will be assessed: by a series of assignments including essays, PowerPoints, case studies and role plays.

During unit three, Effective Communication in Health and Social Care, you will focus on:

- Investigate different forms of communication including verbal communication, non-verbal communication and alternative communication.
- Investigate barriers to communication in health and social care including environmental barriers, physical barriers, language barriers and social isolation. You will also explore ways to overcome the barriers and benefits to the service users.
- Explore how to communicate effectively in Health and Social Care and demonstrate your skills in relevant settings and through role plays.

How you will be assessed: by a series of assignments including essays, PowerPoints and case studies. You will also demonstrate your communication skills whilst on placement in a Health and Social Care Setting.

During unit four, Social Influences on Health and Wellbeing, you will focus on:

- Explore the effects of socialisation on the health and wellbeing of individuals such as the shaping of attitudes and influence on lifestyle choices.
- You will be introduced to the influences that different types of relationships have on the health and wellbeing of individuals.
- Investigate the effects of social factors on the health and wellbeing of individuals such as income, education, values, family and living conditions.

How you will be assessed: by a series of assignments including essays, PowerPoints, reports and case studies.

During unit six, *The Impact of Nutrition on Health and Wellbeing*, you will focus on:

- You will explore the effects of a balanced and unbalanced diet on the health and wellbeing of individuals.
- You will be introduced to the specific nutritional needs and preferences of a range of individuals.

How you will be assessed: through a series of assignments including case studies, reports and essays.

During unit nine, *Healthy Living*, you will focus on:

- Exploring the factors that contribute to healthy and unhealthy lifestyles
- Understanding the effects of these factors on health and wellbeing including physical, intellectual, emotional and social effects
- Exploring ways to improve health and wellbeing, including looking at types of support and the barriers to achieving a healthy lifestyle.

How you will be assessed: this is a paper based exam, that lasts for 1 hour, that is worth 50 marks. There are a variety of short and longer answers. The questions are designed to test your knowledge on.

During unit ten, *Human Body Systems*, you will focus on:

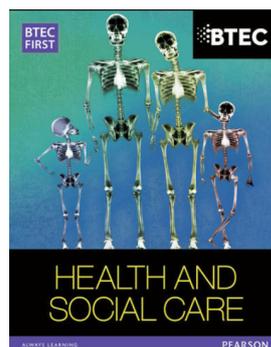
- Investigating the structure and function of the main organs and major body systems
- Exploring the relationship between the major organs and body systems
- Understanding care routines of various disorders relating to different body systems.

How you will be assessed: by a series of assignments including Powerpoints, reports and demonstrating practical abilities in carrying out routine tests associated with common disorders.

Transition to T-Level

This is a lesson focused on improving confidence and knowledge in Biology, Chemistry and Physics to prepare learners for progression to T-Level Health. We also cover many practical skills to introduce learners to the sector. This is assessed through assignments, exams and Route Based Project.

Recommended reading,
textbook 1 and 2



NETFLIX

Babies



Marriage Story



Louis Theroux: Extreme love, Dementia



Five Feet Apart



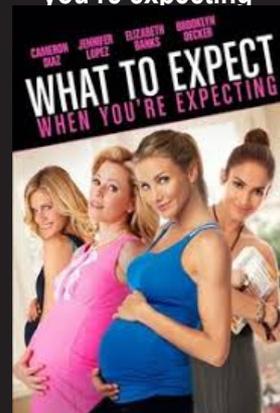
Brain on Fire



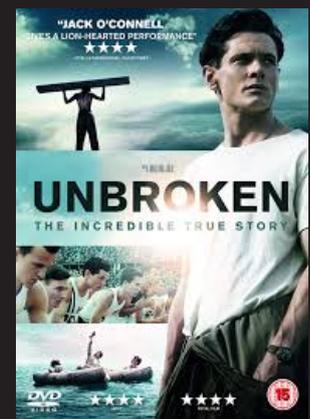
Theory of Everything



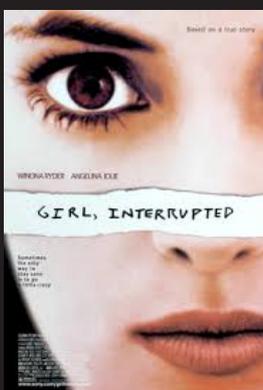
What to expect when you're expecting



Unbroken



Girl, interrupted



Call the Midwife



13 Reasons Why



Pandemic: How to prevent an outbreak



Recommended Watching for Health and Social Care

Beyond NETFLIX

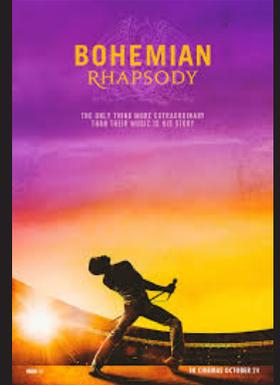
Elizabeth is Missing

Rio & Kate: Becoming a Step family

Jesy Nelson: Odd one out

Bohemian Rhapsody

BBC iPlayer



DVD

Confessions of a Junior Doctor

Born to be different

Secret life of... Year Olds

Still Alice

4 On Demand



DVD

The Children Act

The Upside

Beautiful Boy

Miss you Already

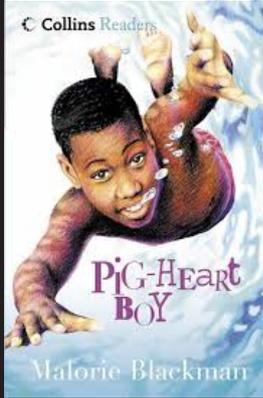
Amazon Prime



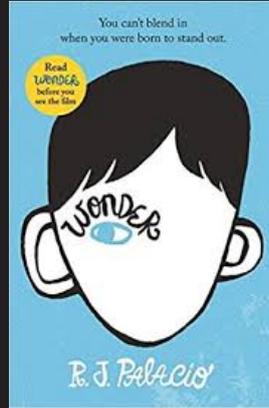
Beyond NETFLIX

Further Reading

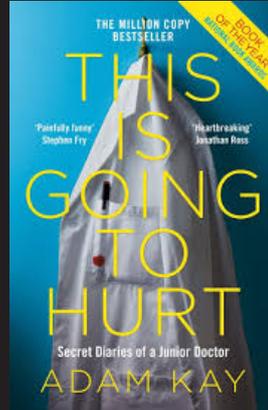
Pig Heart Boy by Malorie Blackman



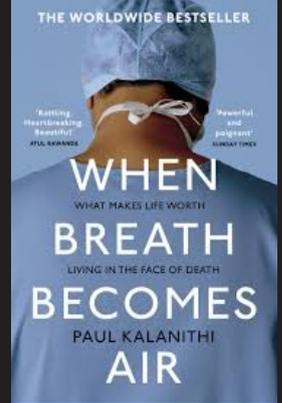
Wonder by R.J. Palacio



This is Going to Hurt by Adam Kay



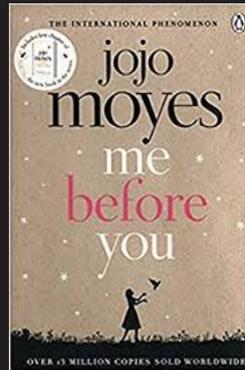
When Breathe becomes Air by Paul Kalanithi



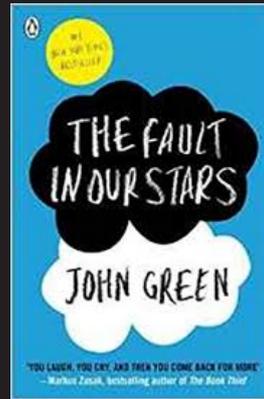
The Hate U Give by Angie Thomas



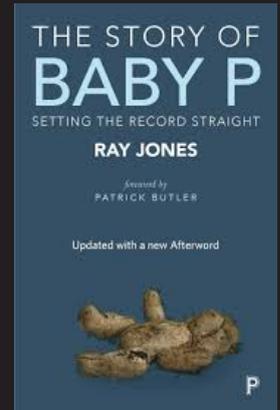
Me Before you by Jojo Moyes



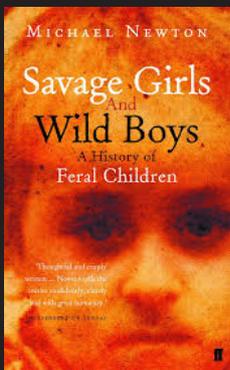
The Fault in Our Stars by John Green



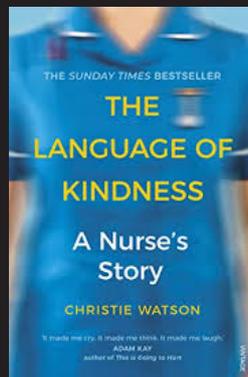
The Story of Baby P by Ray James



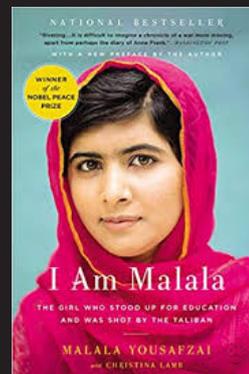
Savage Girls and Wild Boys by Michael Newton



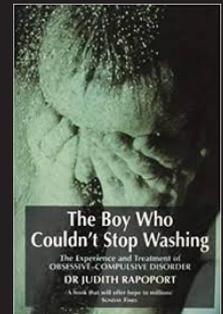
The Language of Kindness by Christie Watson



I am Malala by Malala Yousafzai



The Boy Who Couldn't Stop Washing by Dr Judith Rapaport



Recommended Reading for Health and Social Care

Yes some of these are also films, if you prefer!



GLOSSARY

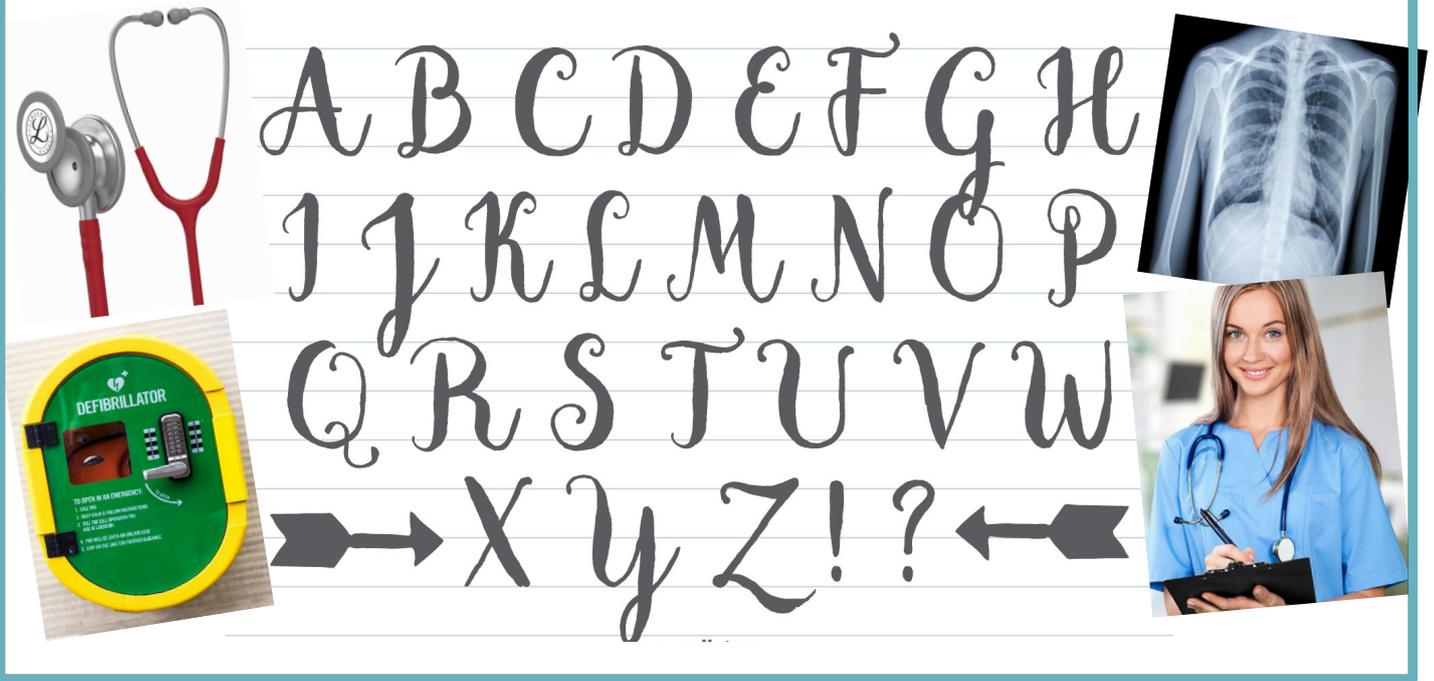
Task: Research and define the following words which are central to many of your unit's. Then, draw a symbol to summarise the term and help you remember it.

Term	Definition	Symbol
Adolescence	An important status change following the onset of puberty during which a young person develops from a child into a adult.	
Advocate		
Attachment		
Communication		
Confidence		
Development		
Discrimination		
Diversity		
Empathy		
Ethical		

GLOSSARY

Term	Definition	Symbol
Fine Motor Skills		
Growth		
Holistic Approach		
Milestone		
Nature		
Nurture		
Safeguarding		
Self-Concept		
Self-Esteem		
Therapy		

Research a list of Health and Social Care jobs/ medical terms for each letter of the alphabet



A
B
C
D
E
F
G
H
I
J
K
L
M

N
O
P
Q
R
S
T
U
V
W
X
Y
Z

On 'The front line'.....

- What does it mean when people talk about being 'on the front line'?

Government declares a 'pandemic'.....

- What does it mean when people talk about the situation as a pandemic?

Job Role	Definition	Roles and Responsibilities	How do they respond in a pandemic?
District Nurse			
Auxiliary Nurse			
Palliative Care			
Domiciliary Carer			
Adult Social Worker			





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*FE week

We will send you a Welcome Guide in July with more information about student life.
In the meantime, if you have any questions, please get in touch.